Wall Balls

Wall Balls were developed from a need to absorb the velocity of a returning medicine ball after it has been thrown against a wall or flat target. The basic throw sees the user launch the ball from a deep squat up to a target and catch it as it returns.

- PVC covered, designed to be tough and soft at the same time
- Maintains the perfect diameter for biomechanically correct throws
- Press, jump, throw, squat, deadlift, lunge, climb and clean the Wall Balls to really get your heart rate pumping
- Not suitable for slamming exercises
- Available in 10 sizes

Dimensions – 35mm diameter Wall Ball
Warranty – 6 months

Product Range

WB3K	3kg	**WB7K**	7kg
WB4K	4kg	**WB8K**	8kg
WB5K	5kg	**WB9K**	9kg
WB6K	6kg	**WB10K**	10kg

Slam Balls

These balls don't bounce! Designed to perform exercises which involve explosive power, Slam Balls can be used to develop virtually every muscle group.

- Perform a wide variety of exercises to improve upper body, lower body and core strength; flexibility; coordination; and joint integrity – all without damaging the ball
- Doesn't roll or bounce
- Not suitable for slamming on rough surfaces (e.g. concrete, gravel)
- Wear and tear due to impact on rough surface is not covered under warranty

Warranty – 6 months

Product Range

SLAM3	3kg	**SLAM8**	8kg
SLAM4	4kg	**SLAM9**	9kg
SLAM5	5kg	**SLAM10**	10kg
SLAM6	6kg	**SLAM12**	12kg
SLAM7	7kg	**SLAM15**	15kg

Medball Sling

PMBS

Transform medicine balls into total core conditioning tools and perform rotational and explosive movements using one or two hands.

- Large pouch made from nylon mesh with an 18" opening accommodates balls up to 10" in diameter
- Maximum weight capacity is 9kg (20lb)
- Features a 1/4" cotton draw cord rope

Warranty – 6 months

Wooden Gymnastic Rings

OWR

Gym rings offer one of the most gruelling upper body workouts and are ideal for tremendous gains in upper body and core functional strength.

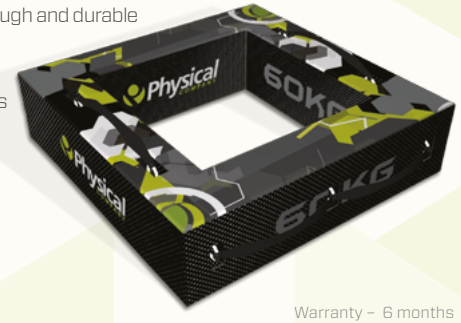
- Great for body weight workouts such as push ups, pull ups, dips, rows, muscle ups, chest flies and many more
- Natural wood gives superior grip within chalk even when hands start to sweat
- The 38mm nylon straps can be easily hung over bars, power racks, beams, eye bolts, ceiling mounts or trees and secured in place using the height adjustable metal buckle
- Max Capacity weight 680kg (340kg per Ring)
- 18ft Gym straps
- 12.5" diameter rings, 28mm grip
- Set of 2

Warranty – 1 years

The Tyre²

Taking inspiration from the popularity of tyre flipping, but with a square twist! The Tyre² takes the typical round tyre to new levels. It still delivers immense whole body strength and power gains and also benefits from a more practical side, 4 in fact!

- It will flip in a predictable direction, and will never bobble meaning it may be used in classes in close quarters with other clients
- A large area in the middle of the product to allow users to carry and lift without being restricted by the inner shoulder of the circle
- All straps are connected to steel clasps welded to a steel box section and built to ISO standards to ensure they will not snap off in a few years
- Soft yet extremely tough and durable
- 4 weights allow regressive and progressive options



Warranty – 6 months

Product Range

SQR45	45kg	**SQR80**	80kg
SQR60	60kg	**SQR100**	100kg

Digital Fitness Timer

TIMER

Large programmable sport LED Interval Timer, perfect for HIIT and Crossfit.

- Six Digit multifunctional interval timer
- Displays 12 / 24 hours clock, countdown / count up
- The number of rounds, length of rest, and length of work can all be set up by the user for total custom intervals. The timer displays the time in red while the numbers of rounds are displayed in blue 4" high numbers
- Remote control for easy programming
- Aluminium case
- Comes complete with adapter, wall brackets and screws, remote control and user manual

Dimension: l 345mm x h 100mm x d 40mm
Warranty - 1 year